

Mendocino Complex

Incident Action Plan

Day Shift September 23rd, 2018 (0700 – 1900)



Hunting Season is in effect.

- Hunters may mistakenly get near the fire.
- Make sure that you are highly visible.
- Notify your crew and your supervisor, if you see hunters in the fire area.

Fireline Hazards


- Do not work directly above or below personnel during firing and mop-up operations.
- Watch for falling and rolling debris on steep slopes.
- Alert crew personnel of rolling debris by yelling to affected individual

**Maintain a High Level of
Situational Awareness**


CA-MEU-008674, PNL1VW18 (1502)

Mendocino National Forest

Northern California Incident Management Team 1

INCIDENT OBJECTIVES	1. Incident Name Mendocino Complex	2. Date 09/22/2018	3. Time 1600
4. Operational Period September 23, 2018 DAY SHIFT			
<p>LEADERS INTENT:</p> <ul style="list-style-type: none"> Evaluate all incident management actions in consideration of values at risk and the probability of success. Utilize a combination of appropriate tactics to provide for responder safety while minimizing responder exposure to hazards. <p>CONTROL OBJECTIVES:</p> <ul style="list-style-type: none"> Keep the Ranch Fire within current containment lines. <p>MANAGEMENT OBJECTIVES:</p> <ul style="list-style-type: none"> Ensure firefighter, public, and aviation safety are the highest priorities. Protect private property, improvements, and infrastructure. Ensure coordinated, timely, and accurate release of public information. Continue fostering and maintaining relationships with all cooperators and stakeholders. Minimize impacts to natural resources, cultural and heritage resources, and the Snow Mountain Wilderness. Coordinate with Resource Advisors to implement suppression repair according to the plan and agency policy. Coordinate with BAER Resources to ensure accountability and logistical needs. 			
7. General Safety Message			
<ul style="list-style-type: none"> See attached safety messages. 			
8. Attachments (mark if attached)			
<input checked="" type="checkbox"/> Organization List - ICS 203	<input checked="" type="checkbox"/> Medical Plan - ICS 206	<input checked="" type="checkbox"/> Weather	
<input checked="" type="checkbox"/> Div. Assignment Lists - ICS 204	<input checked="" type="checkbox"/> Incident Map	<input checked="" type="checkbox"/> ICS215a	
<input checked="" type="checkbox"/> Communications Plan - ICS 205	<input checked="" type="checkbox"/> ICS 220	<input type="checkbox"/> Rehab Considerations	
9. Prepared by (Planning Section Chief) Alan Taylor	10. Approved by (Incident Commander) Curtis Coats 		

ORGANIZATION ASSIGNMENT LIST (ICS 203)

1. Incident Name:		2. Operational Period: 0700-1900	
MENDOCINO COMPLEX		Date/Time From: 09/23/2018 0700 SUN	Date/Time To: 09/23/2018 1900 SUN
3. Incident Commander(s) and Command Staff:		COMMUNICATIONS UNIT	RICK STONE
IC	CURTIS COOTS DUSTAN MUELLER (T)	MEDICAL UNIT	JOSH RAMEY
DEPUTY	JAIME GAMBOA	SECURITY UNIT	CLINT ROBBINS
SAFETY OFFICER	JEFF BARNHART / STEVE DAVIS NATE GOGNA (T)	FOOD UNIT	MARK MCGUINNESS / JAY WESTLAKE
INFORMATION OFFICER	PHYLLIS SWANSON / SHAWN COMPTON	7. Operations Section:	
LIAISON OFFICER	KENT SWARTZLANDER	OPS SECTION CHIEF	ALEC LANE
4. Agency/Organization Representative(s):		PLANNING OPS	JEFF DUPRAS (T)
Agency/Organization	Name	DIVISION A/G	SHANNON BANKS
USFS	ANN CARLSON	DIVISION H	KRIS SHROEDER DANIEL GUSE (T)
UPPER LAKE RANGER DISTRICT	FRANK AEBLY	DIVISION I	BILLY COVERT
STONYFORD RANGER DISTRICT	CHRISTINE HILL	DIVISION J/K/L	PETE ENGLISH
OES	DAVE FRANKLIN	7b. Air Operations Branch:	
CCC	KEN MCDONALD	AIR OPS BRANCH DIRECTOR	KERRY KOSKELA
LEAD READ	CHAD ATWOOD	HELIBASE MANAGER	ROGER CABALLERO
		8. Finance/Administration Section:	
		CHIEF	LOIS CHARLTON
		TIME UNIT	MAGGIE PROCHAZKA
		COMPENSATION UNIT	
		COST UNIT	LOU ANN CHARBONNIER (T)
		EQTR	SARAH REID KENNETH SIMMONS (T) KARILYN PUTT (T)
		PROCUREMENT UNIT	LOUISE CASIAS
5. Planning Section:			
CHIEF	ALAN TAYLOR		
RESOURCES UNIT	RITA MUSTATIA JENNIFER MARTIN (T)		
DOCUMENTATION UNIT	MICHELLE HALE		
FIRE BEHAVIOR ANALYST	MIKE BEASLEY		
GIS SPECIALIST	KIM DENIZ		
6. Logistics Section:			
CHIEF	RICKIE CROWTHER / DAVE ALICEA (T)		
DEPUTY	MIKE JELLISON		
SUPPLY UNIT	RON PIERCE		
FACILITIES UNIT	JEFF HUHTALA / FRANK DELCARLO		
GROUND SUPPORT UNIT	HARRY ZABEL MARK VARDANEGA (T)		
9. Prepared By:			
Name:	ALAN TAYLOR	Position/Title:	PSC2
Signature:			
ICS 203			

September 23 Spot Wx Forecast for west side of Ranch Fire (NWS Eureka)

.DISCUSSION...One more day of cooler temperatures is in store for Sunday, with afternoon highs generally around 80 degrees. Minimum RH values may be a little lower than Saturday, but should still generally be in the low 20s. Overnight RH recoveries will be poorer than in recent nights by Sunday night as weak offshore flow begins to take hold, with max RH values in the lower 50s at lower elevations and as low as the mid 40s at ridgetop. Warmer and drier conditions are expected by Monday as high pressure builds over the region, with afternoon highs rising back into the mid to upper 80s and minimum RH values in the low to mid teens. Winds are not expected to be especially strong for the next few days, with max wind speeds around 7 mph Sunday afternoon and evening and again Monday afternoon. The warming and drying will continue into the middle of next week as offshore flow becomes more established. No precipitation is expected during the coming week.

.SUNDAY...

Sky/weather.....Sunny.
Max temperature.....77-82.
Min humidity.....20-25 percent.
Wind (20 ft).....Northeast winds around 5 mph...becoming variable 5 to 7 mph in the afternoon.
Mixing height.....0-100 ft AGL increasing to 1800-2200 ft AGL by noon.
Transport winds.....North around 4 mph shifting to the west in the afternoon.
CWR.....0 percent.
LAL.....1.

.SUNDAY NIGHT...

Sky/weather.....Clear.
Min temperature.....49-59.
Max humidity.....44-54 percent.
Wind (20 ft).....Variable winds 5 to 7 mph...shifting to the east after midnight.
Mixing height.....1800-2200 ft AGL decreasing to 0-300 ft AGL by midnight.
Transport winds.....West around 4 mph shifting to the east after midnight.
CWR.....0 percent.
LAL.....1.

.MONDAY...

Sky/weather.....Sunny.
Max temperature.....82-88.
Min humidity.....12-16 percent.
Wind (20 ft).....East winds 5 to 7 mph becoming variable in the afternoon.
Mixing height.....0-300 ft AGL increasing to 2500-4000 ft AGL late in the morning.
Transport winds.....East wind around 5 mph.
CWR.....0 percent.
LAL.....1.

September 23 Spot Wx Forecast for east side of Ranch Fire (NWS Sac)

...FIRE WEATHER WATCH IN EFFECT FROM SUNDAY EVENING THROUGH TUESDAY MORNING...

.DISCUSSION...

Lower humidity and north winds will increase fire weather concerns Sunday night into Tuesday morning. Expect north to northwest wind gusts from 20 to 25 mph with low daytime relative humidity and poor overnight recovery.

.SUNDAY...

Sky/weather.....Mostly sunny.
Max temperature.....75-85.
Min humidity.....18-23 percent.
Wind (20 ft).....
Slope/valley.....Northeast winds up to 8 mph.
Ridgetop.....Northeast winds up to 8 mph.
Mixing height.....increasing to 4900 ft AGL.
Transport winds.....Northeast winds 5 to 10 mph.
CWR.....0 percent.
LAL.....1.

.SUNDAY NIGHT...

Sky/weather.....Clear.
Min temperature.....52-59.
Max humidity.....31-46 percent.
Wind (20 ft).....
Slope/valley.....Northeast winds 3 to 7 mph shifting to the northwest 7 to 10 mph after midnight with gusts to 20 mph.
Ridgetop.....North around 5 mph.
Mixing height.....decreasing to 200 ft AGL.
Transport winds.....North around 5 mph.
CWR.....0 percent.
LAL.....1.

.MONDAY...

Sky/weather.....Sunny.
Max temperature.....80-90.
Min humidity.....8-13 percent.
Wind (20 ft).....
Slope/valley.....North winds 8 to 12 mph with gusts to around 25 mph.
Ridgetop.....North winds 10 to 15 mph with gusts to around 25 mph.
Mixing height.....increasing to 5500 ft AGL.
Transport winds.....North around 10 mph.
CWR.....0 percent.
LAL.....1.

FIRE BEHAVIOR FORECAST

FORECAST NUMBER: 57

TYPE OF FIRE: Wildfire

FIRE NAME: Ranch Fire

OPERATIONAL PERIOD: Sept. 23rd 0700-1900

DATE ISSUED: September 22nd

TIME ISSUED: 1900

UNIT: Mendocino National Forest

SIGNED: Mike Beasley FBAN

INPUTS

DISCUSSION:

****For specific weather information, see Spot Weather Forecasts (east & west)****

OUTPUTS

GENERAL: Smoldering with minimal active fire behavior expected today. All activity will occur inside the containment lines where islands and pockets of fuel are burning off. No new perimeter growth is expected. Cooler conditions with higher humidity will continue to dampen fire activity within the perimeter. South facing slopes with available fuels may show smoke by early afternoon. Expect unburned fuels on Crockett and St. John's Peaks to intermittently consume and produce light smoke. Live and dead/down fuel moistures are very low. Short runs are possible in all fuel types when wind and slope align.

At the head of the fire in an unburned island or initial attack of a slopover or new fire, *for those conditions where wind and slope are in alignment*, expect:

Fuel Type	Max Flame Length	Max Rate of Spread	Spotting	Probability of Ignition-Day
Grass (gr4)	5-10'	20-101 ch/hr	< 0.2 mi	71-77%
Brush (sh7)	7-15'	8-45 ch/hr	< 0.2 mi	71-77%
Timber Understory (tu5)	5-10'	3-11 ch/hr	< 0.2 mi	71-77%
Timber Litter (reburn) (tl3)	1-2'	0.5-2 ch/hr	< 0.2 mi	71-77%

SPECIFIC FIRE BEHAVIOR:

All Branches

Interior smoldering in stumps, logs and duff layer. Watch for areas where incomplete burns occurred, allowing for possible reburns. Burn down period will temper fire behavior. Keep alert to clearer days with warmer temperatures, which could lead to increased fire behavior.

New Fires

Expect light flashy fuels (grasses, long-needled pine litter) to be the predominant carrier of the fire. Spread will be primarily fuels and topography driven. Areas of opportunity/tactical advantage will be where slope reversals occur or fuel model changes. Once fire is established in timber understory or timber litter, fire spread will be by way of spotting, leading to short crown runs on steepest slopes. Eye-level winds > 8 mph and relative humidity < 30% will see significant increases in fire characteristics, including transition to canopy fuel involvement.

AIR OPERATIONS


Visibility will be good throughout the fire area.

Sunrise: 6:59 am Sunset: 7:05 pm


SAFETY

- Hazards throughout the fire area include: interior green islands and slopes, heavy surface fuel accumulations, needle-draped brush, ash pit/stump holes, fire weakened trees, and rolling material.
- For new starts, light flashy 1-hour fuels are the primary carrier of the fire. Rapid action is important prior to fire becoming established in heavier fuels.

Division/Group Assignment List (ICS 204 WF)
Controlled Unclassified Information//Basic

1. Incident Name:				3.			
MENDOCINO COMPLEX				Branch:		Division/Group: A/G	
2. Operational Period: 0700-1900							
Date/Time From: 09/23/2018 0700 SUN		Date/Time To: 09/23/2018 1900 SUN					
4. Operations Personnel							
OPERATIONS CHIEF		ALEC LANE		DIVISION/GROUP SUPERVISOR		SHANNON BANKS	
5. Resources Assigned this Period							
Strike Team / Task Force / Resource Designator		LWD	Leader	Number Persons	Drop Off PT./Time	Pick Up PT./Time	
ENG3 CA-MNF E-45 E-300816		10/05	WILLIAM MARCKS	4	UPPER LAKE /0745	UPPER LAKE/1945	
ENG7 CA-MNF PT-47 E-300790		09/25	NATHEN WEESE	2	UPPER LAKE /0745	UPPER LAKE/1945	
WTS2 PVT INGRAM E-300361		09/25	RYAN GRABBLE	1	UPPER LAKE /0745	UPPER LAKE/1945	
WTS2 PVT TURRI E-300362		09/29	CHRIS DEMO	1	UPPER LAKE /0745	UPPER LAKE/1945	
DOZ2 MNF 3 E-300169		10/03	SEAN D LYNCH	4	UPPER LAKE /0745	UPPER LAKE/1945	
GRD PVT ULSH E-300707		09/28	DALE ULSH	1	UPPER LAKE /0745	UPPER LAKE/1945	
6. Control Operations/Work Assignments:							
Patrol and mop up as needed. Repair and maintain road network in accordance with suppression repair plan and engineering.							
7. Special Instructions:							
SELF SUFFICIENT IN UPPER LAKE							
8. Division/Group Communication Summary							
Function	Channel	RX Frequency N/W	RX Tone/NAC	TX Frequency N/W	TX Tone/NAC	Mode	
COMMAND	1 - MNF FIRE NET	171.5500N		164.5000N	1,2,4,6,7	A	
TACTICAL	2 - NIFC T1	168.0500N		168.0500N		A	
AIR TO GROUND	13 - R5 A/G 14	167.5000N		167.5000N		A	
MEDICAL	15 - CALCORD	156.0750N		156.0750N	T6 - 156.7	A	
AIR GUARD	16 - AIR GUARD	168.6250N		168.6250N	T1 - 110.9	A	
9. Prepared By (Resource Unit Leader)			Approved By (Planning Section Chief)		Date		Time
JENNIFER MARTIN			ALAN TAYLOR 		09/22/2018		2030

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4. Operations Personnel							
OPERATIONS CHIEF		ALEC LANE		DIVISION/GROUP SUPERVISOR		KRIS SCHROEDER	
DIVISION SUPERVISOR		DAN GUSE (T)					
5. Resources Assigned this Period							
Strike Team / Task Force / Resource Designator	LWD	Leader	Number Persons	Drop Off PT./Time	Pick Up PT./Time		
HC2 SCORPIONS 5 C-300244	10/02	SCOTT WOOD	20	STONYFORD/0700	STONYFORD/1900		
HC2 BIRRUETA C-300242	09/30	JOSE IBARRA	20	STONYFORD/0700	STONYFORD/1900		
ENG3 OR-MAF E-643 E-300783	09/23	RICH RENEAU	3	STONYFORD/0700	STONYFORD/1900		
ENG6 PVT-FIRESTORM E-300773	10/04	JOSHUA BRADLEY	3	STONYFORD/0700	STONYFORD/1900		
WTS1 PRECISION E-300398	10/05	MIKE DAINAUSKUS	1	STONYFORD/0700	STONYFORD/1900		
WTS1 PVT NORTHSTATE E-300402	10/02	MIKE CARPENTER	1	STONYFORD/0700	STONYFORD/1900		
WTS1 PVT CATTLE LACK RANCH E-300412	10/06	RANDY HORN	1	STONYFORD/0700	STONYFORD/1900		
WTS1 PVT NORTHSTATE E-300500	09/29	SCOTT BICKERS	1	STONYFORD/0700	STONYFORD/1900		
WTS1 PVT TACTICAL TENDERS E-300656	09/26	ERIN JONES	1	STONYFORD/0700	STONYFORD/1900		
WTT2 LPF WT - 3 E-300786	09/23	OWEN CLIFT	2	STONYFORD/0700	STONYFORD/1900		
WTS2 PVT CUTTING EDGE E-300504	10/02	JUSTIN GARCIA	1	STONYFORD/0700	STONYFORD/1900		
WTS2 PVT DVBE-SBE E-300658	10/01	JERROD PARRIOTT	1	STONYFORD/0700	STONYFORD/1900		
WTS2 PVT-JEFF KURZ E-300653	10/04	JEFF KURZ	1	STONYFORD/0700	STONYFORD/1900		
WTS2 PVT-WALBERG E-300499	09/28	WES DURANT	1	STONYFORD/0700	STONYFORD/1900		
WTT2 PVT DOC'S WATER E-300696	09/23	MIKE CALLAHAN	1	STONYFORD/0700	STONYFORD/1900		
WTS3 PVT-T AND S DVBE E-300502	09/29	SEAN MAGILL	1	STONYFORD/0700	STONYFORD/1900		
DOZ2 PVT RAY CECIL E-300736	10/03	JUSTIN CECIL	1	STONYFORD/0700	STONYFORD/1900		
DOZ2 RIDGE LOGGING E-300672	09/30	DARRELL LANDINGHAM	1	STONYFORD/0700	STONYFORD/1900		
EXCA PVT-LET-ER-BUCK E-300594	10/02	MATT SWANK	2	STONYFORD/0700	STONYFORD/1900		
8. Division/Group Communication Summary							
Function	Channel	RX Frequency N/W	RX Tone/NAC	TX Frequency N/W	TX Tone/NAC	Mode	
COMMAND	1 - MNF FIRE NET	171.5500N		164.5000N	1,2,4,6,7	A	
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9. Prepared By (Resource Unit Leader)		Approved By (Planning Section Chief)			Date	Time	
JENNIFER MARTIN		ALAN TAYLOR 			09/22/2018	2030	

Division/Group Assignment List (ICS 204 WF)

Controlled Unclassified Information//Basic

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MENDOCINO COMPLEX				Branch:		Division/Group:	
2. Operational Period: 0700-1900				H			
Date/Time From: 09/23/2018 0700 SUN		Date/Time To: 09/23/2018 1900 SUN					
4. Operations Personnel							
OPERATIONS CHIEF		ALEC LANE		DIVISION/GROUP SUPERVISOR		KRIS SCHROEDER	
DIVISION SUPERVISOR		DAN GUSE (T)					
5. Resources Assigned this Period							
Strike Team / Task Force / Resource Designator	LWD	Leader	Number Persons	Drop Off PT./Time	Pick Up PT./Time		
EXCA PVT HERTZIG #2 E-300724	09/28	ARTIE TRESSLER	2	STONYFORD/0700	STONYFORD/1900		
EXCA PVT HERTZIG #1 E-300723	10/04	JOHN WERTZIG	2	STONYFORD/0700	STONYFORD/1900		
EXCA PVT GRAHAM E-300728	09/30	SKYLER EVANS	1	STONYFORD/0700	STONYFORD/1900		
SKD2 PVT PACIFIC RIDGELINE E-300602	09/24	BRETT NOLAN	2	STONYFORD/0700	STONYFORD/1900		
SKID W/ TRANSPORT BAMFORD 797 E-300796	10/02	TOSH WINCHESTER	1	STONYFORD/0700	STONYFORD/1900		
SKID W/ TRANSPORT BAMFORD 796 E-300796	10/02	JEREMY APPELYARD	1	STONYFORD/0700	STONYFORD/1900		
TRAC PVT PROC H&M LOGGING E-300613	09/27	VAUGHN SCOTT	1	STONYFORD/0700	STONYFORD/1900		
TRAC PVT H & M LOGGING E-300614	09/30	RICHARD POTTER	1	STONYFORD/0700	STONYFORD/1900		
TRAC PVT SELF LOADER E-300615	09/30	JAMIE SLACK	1	STONYFORD/0700	STONYFORD/1900		
TRAC PVT SELF LOADER E-300616	09/27	BUCK NETTLES	1	STONYFORD/0700	STONYFORD/1900		
LOG LOADER BAMFORD 800 E-300796	10/02	BO LUHEELIER	2	STONYFORD/0700	STONYFORD/1900		
LOG LOADER W/ SKID BAMFORD 801 E-300796	10/03	MARK MCCLARREN	2	STONYFORD/0700	STONYFORD/1900		
GRD PVT TOM J. DAVIS LIVESTOCK E-300809	10/04	CODY DAVIS	2	STONYFORD/0700	STONYFORD/1900		
GRD OWENS FREIGHT E-300810	10/04	RUSSEL PRESSEL	2	STONYFORD/0700	STONYFORD/1900		
GRD STATEWIDE E-300811	10/04	MIKE STUTESMAN	2	STONYFORD/0700	STONYFORD/1900		
CHIP PVT GREENOUS E-300604	09/28	NICK DROGOWSKE	2	STONYFORD/0700	STONYFORD/1900		
CHIP PVT BELLA WILDFIRE E-300644	09/30	BRENT WALSH	2	STONYFORD/0700	STONYFORD/1900		
CHIP PVT C & E EQUIP E-300611	09/28	ZESIGER ERIC	2	STONYFORD/0700	STONYFORD/1900		
CHIP PVT TREE GUYS E-300419	09/25	SKYLAR GUPTON	2	STONYFORD/0700	STONYFORD/1900		
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9. Prepared By (Resource Unit Leader)			Approved By (Planning Section Chief)		Date	Time	
JENNIFER MARTIN			ALAN TAYLOR		09/22/2018	2030	

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4. Operations Personnel							
OPERATIONS CHIEF		ALEC LANE		DIVISION/GROUP SUPERVISOR		KRIS SCHROEDER	
DIVISION SUPERVISOR		DAN GUSE (T)					
5. Resources Assigned this Period							
Strike Team / Task Force / Resource Designator	LWD	Leader	Number Persons	Drop Off PT./Time	Pick Up PT./Time		
CHIP NORTH ZONE E-300807	10/02	DUANE STACHER	2	STONYFORD/0700	STONYFORD/1900		
TFLD O-301201	09/29	BRIAN WOLVERT	1	STONYFORD/0700	STONYFORD/1900		
TFLD O-301186	09/27	PATRICK CALLAHAN	1	STONYFORD/0700	STONYFORD/1900		
TFLD O-301255	10/05	SHAWN BUTTERBACH	1	STONYFORD/0700	STONYFORD/1900		
HEQB O-301180	10/04	JAMES SMITH	1	STONYFORD/0700	STONYFORD/1900		
SOFR O-301207	10/01	DAVID GLENN	1	STONYFORD/0700	STONYFORD/1900		
EMPF O-301217	10/04	JASON DOSH	1	STONYFORD/0700	STONYFORD/1900		
AMBU E-300284	09/30	AMBULANCE 3	2	STONYFORD/0700	STONYFORD/1900		
REAF O-301244	10/04	LEVI BATEMAN	1	STONYFORD/0700	STONYFORD/1900		
6. Control Operations/Work Assignments:							
Conduct suppression repair in accordance with the suppression repair plan. Backhaul equipment and trash. Mop up and monitor as needed.							
7. Special Instructions:							
8. Division/Group Communication Summary							
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JENNIFER MARTIN			ALAN TAYLOR <i>AT</i>			09/22/2018	
						Time	
						2030	

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6. Control Operations/Work Assignments:							
UNSTAFFED							
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JENNIFER MARTIN			ALAN TAYLOR <i>AT</i>		09/22/2018	2030	


Division/Group Assignment List (ICS 204 WF)

Controlled Unclassified Information//Basic

1. Incident Name:				3.			
MENDOCINO COMPLEX				Branch:		Division/Group: J/K/L	
2. Operational Period: 0700-1900							
Date/Time From: 09/23/2018 0700 SUN		Date/Time To: 09/23/2018 1900 SUN					
4. Operations Personnel							
OPERATIONS CHIEF		ALEC LANE		DIVISION/GROUP SUPERVISOR		PETE ENGLISH	
5. Resources Assigned this Period							
Strike Team / Task Force / Resource Designator	LWD	Leader	Number Persons	Drop Off PT./Time	Pick Up PT./Time		
HC2 OC 50 C-300243	10/03	FRED BURROWS	20	STONYFORD/0700	STONYFORD/1900		
ENG7 PATROL 32 E-300787	09/23	MITCHELL MURPHY	2	STONYFORD/0700	STONYFORD/1900		
WTT1 PVT HARDY E-300652	10/04	JOHN MARINO	1	STONYFORD/0700	STONYFORD/1900		
WTT1 PVT EL DORADO E-300699	09/27	ERIK STARKS	1	STONYFORD/0700	STONYFORD/1900		
WTS1 PVT WEINRICH E-300700	10/05	LUKE WEINRICH	1	STONYFORD/0700	STONYFORD/1900		
WTS2 PVT BUCK E-300029	09/28	BOB STUART	2	STONYFORD/0700	STONYFORD/1900		
WTS2 PVT INGRAM E-300454	10/05	KEVIN MCGARR	1	STONYFORD/0700	STONYFORD/1900		
WTS3 PVT CUTTING EDGE E-300455	09/30	DON KEYLON	1	STONYFORD/0700	STONYFORD/1900		
EXCA ROBISON E-300637	10/01	PHILLIPS SCOTT	1	STONYFORD/0700	STONYFORD/1900		
GRD PVT WYCOFF, E-300636	09/30	BILLY WYCOFF	1	STONYFORD/0700	STONYFORD/1900		
TFLD O-301200	09/28	WARREN SWAB	1	STONYFORD/0700	STONYFORD/1900		
HEQB O-301195	09/28	CRAIG WILSON	1	STONYFORD/0700	STONYFORD/1900		
HEQB O-301197	09/28	JAMES SCHEID	1	STONYFORD/0700	STONYFORD/1900		
FMOD MOEN O-301192	09/28	MICHAEL MOEN	2	STONYFORD/0700	STONYFORD/1900		
FMOD REDWOOD EMPIRE O-301193	09/28	JESSE GONZALES	2	STONYFORD/0700	STONYFORD/1900		
FMOD - NORTH-ZONE FALLERS O-301194	09/28	LUKE HELFINGSTINE	2	STONYFORD/0700	STONYFORD/1900		
SOF2 O-301222	09/30	NATE GOGNA	1	STONYFORD/0700	STONYFORD/1900		
EMPF O-301216	10/05	BILL CLARK	1	STONYFORD/0700	STONYFORD/1900		
EMPF O-301214	10/04	ZACH GLANKLER	1	STONYFORD/0700	STONYFORD/1900		
8. Division/Group Communication Summary							
Function	Channel	RX Frequency N/W	RX Tone/NAC	TX Frequency N/W	TX Tone/NAC	Mode	
COMMAND	1 - MNF FIRE NET	171.5500N		164.5000N	1,2,4,6,7	A	
TACTICAL	3 - NIFC T3	168.6000N		168.6000N		A	
AIR TO GROUND	13 - R5 A/G 14	167.5000N		167.5000N		A	
MEDICAL	15 - CALCORD	156.0750N		156.0750N	T6 - 156.7	A	
AIR GUARD	16 - AIR GUARD	168.6250N		168.6250N	T1 - 110.9	A	
9. Prepared By (Resource Unit Leader)		Approved By (Planning Section Chief)			Date		Time
JENNIFER MARTIN		ALAN TAYLOR 			09/22/2018		2030

Division/Group Assignment List (ICS 204 WF)

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4. Operations Personnel							
OPERATIONS CHIEF		ALEC LANE		DIVISION/GROUP SUPERVISOR		PETE ENGLISH	
5. Resources Assigned this Period							
Strike Team / Task Force / Resource Designator		LWD	Leader	Number Persons	Drop Off PT./Time	Pick Up PT./Time	
AMBU 1 E-300283				2	STONYFORD/0700	STONYFORD/1900	
READ O-301049		10/02	SHANNON LANGFORD	1	STONYFORD/0700	STONYFORD/1900	
READ O-301047		10/03	PAIGE MAKOWSKI	1	STONYFORD/0700	STONYFORD/1900	
6. Control Operations/Work Assignments:							
<p>Conduct Suppression repair in accordance with the Suppression repair plan.</p> <p>Backhaul equipment and trash.</p> <p>Mop up and monitor as needed.</p>							
7. Special Instructions:							
8. Division/Group Communication Summary							
Function	Channel	RX Frequency N/W	RX Tone/NAC	TX Frequency N/W	TX Tone/NAC	Mode	
COMMAND	1 - MNF FIRE NET	171.5500N		164.5000N	1,2,4,6,7	A	
TACTICAL	3 - NIFC T3	168.6000N		168.6000N		A	
AIR TO GROUND	13 - R5 A/G 14	167.5000N		167.5000N		A	
MEDICAL	15 - CALCORD	156.0750N		156.0750N	T6 - 156.7	A	
AIR GUARD	16 - AIR GUARD	168.6250N		168.6250N	T1 - 110.9	A	
9. Prepared By (Resource Unit Leader)			Approved By (Planning Section Chief)			Date	Time
JENNIFER MARTIN			ALAN TAYLOR 			09/22/2018	2030

AIR OPERATIONS SUMMARYPrepared By: Kerry Koskela
KCK

Prepared Date: 22 Sept, 2018

Prepared Time: 1930

1. INCIDENT NAME: Mendocino Complex	2. OPS PERIOD DATE: 23 Sept, 2018	START TIME: 0700	END TIME: 2000	SUNRISE: 0702	SUNSET: 1909
3. REMARKS (Safety Notes, Hazards, Air Operations Special Equipment, etc.): Helicopter module to remain ready for 10 minute response. High tension power lines in fire area, review hazard map for locations prior to flight. Watch for non-incident air traffic, without TFR there may be weekend recreation flyers looking at the burn area.		4. READY ALERT AIRCRAFT MEDEVAC - See Medical Plan		5. TFR #: No TFR over fire. Altitude: Radius: Center Point:	

6. PERSONNEL	NAME	PHONE #	7. FREQUENCIES	AM	FM	8. FIXED-WING- Type/ Make-Model/ N#/ Base
AOBD	Kerry Koskela	559-359-2122	Air to Air R/W & TFR			AIRTANKERS- TBA
ASGS			Air Tactics F/W			LEAD PLANES- TBA
ATGS			Air to Ground		167.5000 N	ATGS AIRCRAFT- TBA
HLCO/ATGS			Command See Communications Plan			
HEB1 Willits HB	Roger Caballero	909-815-0714	DECK		163.1000	
			CALCORD tone guarded both sides		156.0750 Tone 6 (156.7) Tx & Rx	Crash Rescue: Use 911 system
			Air Guard		168.6250 Tone 1 (110.9) Tx & Rx	

9. HELICOPTERS (Use Additional Sheets as Necessary)

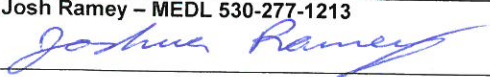

Call Sign	TY	MAKE/ MODEL	BASE	AVAIL	START	REMARKS	Call Sign	TY	MAKE/ MODEL	BASE	AVAIL	START	REMARKS
H-514	2	Bell 212	Willits	0700	0800	A-326							

10. MISSIONS

Recon for type 3 IC and district resource advisors.

INCIDENT RADIO COMMUNICATIONS PLAN			Incident Name		MENDOCINO COMPLEX CA-MEU-008674		Date/Time Prepared		Operational Period Date/Time	
							09/22/18 1800hrs		9/23/18 0700 To 1900	
Only frequencies listed on this 205 are authorized for use on this incident.			Hand programmers accept all responsibility for the use of unauthorized frequencies.							
Ch #	Function	Channel Name	Assignment	RX Freq N or W	RX Tone	TX Freq N or W	TX Tone	Mode	Remarks	
1	MNF FIRE NET	MNF FIRE	COMMAND	171.5500 N		164.5000 N	TONES 1,2,4,6,7	A	WEST SIDE TONES 1,4,6,7 EAST SIDE TONES 1,2,6	
2	NIFC TAC 1	NIFC T1	DIV A - G, H	168.0500 N		168.0500 N		A		
3	NIFC TAC 3	NIFC T3	DIV I - L	168.6000 N		168.6000 N		A		
4	MNF ADMIN	MNF ADMIN	INITIAL ATTACK	169.9750 N		169.1750 N	TONES 1,2,4,6,7	A	WEST SIDE TONES 1,4,6,7 EAST SIDE TONES 1,2,6	
5	NIFC TAC 2	NIFC T2	INITIAL ATTACK	168.2000 N		168.2000 N		A	FOR INITIAL ATTACK ONLY	
6	R5 TAC 4	R5 TAC 4	INITIAL ATTACK	166.5500 N		166.5500 N		A	FOR INITIAL ATTACK ONLY	
7	R5 TAC 5	R5 TAC 5	INITIAL ATTACK	167.1125 N		167.1125 N		A	FOR INITIAL ATTACK ONLY	
8	R5 TAC 6	R5 TAC 6	INITIAL ATTACK	168.2375 N		168.2375 N		A	FOR INITIAL ATTACK ONLY	
9										
10										
11										
12										
13	AIR TO GROUND	R5 A/G 14	PRIMARY A/G	167.5000 N		167.5000 N		A	PRIMARY A/G	
14	AIR TO GROUND	R5 A/G 59	SECONDARY A/G	169.1125 N		169.1125 N		A	SECONDARY A/G	
15	CALCORD	CALCORD	ALL DIVISIONS	156.0750 N		156.0750 N	TONE 6	A	MEDI-VAC COORDINATION USE TONE 6	
16	AIR GUARD	AIR GUARD	ALL DIVISIONS	168.6250 N		168.6250 N	TONE 1	A	EMERGENCY ONLY USE TONE 1	
Prepared by			Incident Location							
Rick Stone, COML			MENDOCINO COMPLEX ICP, MENDOCINO NATIONAL FOREST							

MEDICAL PLAN (ICS 206 WF)

1. Incident/Project Name				2. Operational Period				Day/Night			
MENDOCINO COMPLEX				Date/Time				9/23/18 0700 - 1900			
3. Ambulance Services											
Name		Location			Phone & EMS Frequency		Advanced Life Support (ALS) Yes No				
Mountain Ambulance 1		Div JKL- (ICP Night)			Contact on Command		X				
Mountain Ambulance 3		Div H (ICP Night)			Contact on Command		X				
Enloe Ambulance		Local EMS			911		X				
4. Air Ambulance Services											
Name		Phone			Type of Aircraft & Capability						
Reach 25 min eta		911			Air Ambulance – Willits, CA Day/Night						
Enloe Flight Care 25 min eta		911			Air Ambulance- Chico, CA Day/Night						
CHP 40 min eta		911			Hoist Rescue – Auburn, CA Day only						
Calfire H-101, H-205 30 min eta		911			Hoist Rescue- Willits, CA & Vina, CA Day only						
5. Hospitals											
Name & Level		GPS Datum – WGS 84 Degrees Decimal Minutes		Travel Time Air Gnd		Phone		Helipad Yes No		Address	
Colusa Regional Med. Cntr		Lat:	N39°12.353		15 min	50 min	530-619-0800	X		199 E. Webster Ave. Colusa, CA 95932	
		Long:	W121°59.987								
		VHF:									
Glenn Medical Center		Lat:	N39°31.359		15 min	45 min	530-934-1840 (ER)	X		1133 W. Sycamore, Willows, CA 95988	
		Long:	W122°12.471								
		VHF:									
Enloe Medical Center – Level II Trauma		Lat:	N39°44.517		25 min.	1.5 hrs	530-895-9107	X		1530 Esplanade, Chico, CA 95926	
		Long:	W121°51.018								
		VHF:									
UC Davis Level I Trauma/Burn Center		Lat:	N38°33.30		35 min.	2 hrs	916-734-3636 916-734-3790	X		2315 Stockton Blvd. Sacramento, CA	
		Long:	W121°27.33								
		VHF:									
6. Division / Crew Pre-plan. Update and discuss with assigned resources daily											
Crew EMTs & Equipment											
Fireline EMTs & Location Adv. Life Support?											
Air Hoist site: Lat: / Long:											
Helispot: Lat: / Long:											
Alternate no-fly plan:											
7. Remote Aid Stations											
Mendocino Medical Unit– ICP – Stonyford, CA N39°22.253 W122°32.284		Point of Contact:			MEDL – Josh Ramey (Cell: 530-277-1213)						
		EMS Responders & Capability:			Paramedic - Advanced Life Support						
		Equipment Available on Site:			Medical supplies						
		Ambulance ETA :			Air – 20 min. Ground – 45 min.						
8. Prepared By (Medical Unit Leader)				9. Date/Time		10. Reviewed By (Safety Officer)				11. Date/Time	
Josh Ramey – MEDL 530-277-1213 				9/22/18 1930		Jeff Barnhart – SOF2 				9/22/18 1930	

MEDICAL PLAN (ICS 206 WF)

Medical Incident Report

1. CONTACT COMMUNICATIONS DECLARE: "MEDICAL EMERGENCY" OR "NON-EMERGENCY MEDICAL TRANSPORT"

Ex: "Communications, Div. Alpha. Stand-by for a medical emergency on Div. Alpha" (If life threatening request designated frequency be cleared for emergency traffic.)

2. INCIDENT STATUS:

Provide incident summary (including number of patients) and command structure. Ex: "Communications, I have a Red priority patient, unconscious, struck by a falling tree. Requesting air ambulance to Forest Road 1 at (Lat. / Long.) This will be the Trout Meadow Medical, IC is TFLD Jones. EMT Smith is providing medical care."

SEVERITY

TRANSPORT PRIORITY

☐ **URGENT-RED Life threatening injury or illness.**

Ex: Unconscious, difficulty breathing, bleeding severely, 2° – 3° burns more than 4 palm sizes, heat stroke, disoriented.

Ambulance or MEDEVAC helicopter. Evacuation need is **IMMEDIATE.**

☐ **PRIORITY-YELLOW Serious Injury or illness.**

Ex: Significant trauma, not able to walk, 2° – 3° burns not more than 1-2 palm sizes.

Ambulance or consider air transport if at remote location. Evacuation may be **DELAYED.**

☐ **ROUTINE-GREEN**

Not a life threatening injury or illness. Ex: Sprains, strains, minor heat-related illness.

Non-Emergency. Evacuation considered **Routine of Convenience.**

Nature of Injury or Illness & Mechanism of Injury

Brief Summary of Injury or Illness (Ex: Unconscious, Struck by Falling Tree)

Transport Request

Air Ambulance / Short-Haul/Hoist/ Ground Ambulance / Other

Patient Location

Descriptive Location & Lat. / Long. (WGS84)

Incident Name

Geographic Name + "Medical" (Ex: Trout Meadow Medical)

On-Scene Incident Commander

Name of on-scene IC of Incident within an Incident (Ex: TFLD Jones)

Patient Care

Name of Care Provider (Ex: EMT Smith)

3. INITIAL PATIENT ASSESSMENT: Complete this section for each patient. Start with most severe.

Patient Assessment: (See IRPG page 106)

Treatment:

4. TRANSPORT PLAN:

Evacuation Location (if different): (Descriptive Location (drop point, intersection, etc.) or Lat. / Long.)

Patient's ETA to Evacuation Location:

Helispot / Extraction Site Size and Hazards:

5. ADDITIONAL RESOURCE/EQUIPMENT NEEDS:

- ☐ Paramedic/EMT(s) ☐ SKED/Backboard/C-Collar ☐ Crew(s) ☐ Burn Supplies ☐ Oxygen
☐ Trauma Bag ☐ Medication(s) ☐ IV/Fluid(s) ☐ Cardiac Monitor/AED
☐ Other (i.e. splints, rope rescue, wheeled litter)

6. COMMUNICATIONS:

- Run Medical Emergency on Command

- Coordinate with air ambulance on CALCORD tone 6

7. CONTINGENCY:

Considerations: If primary options fail, what actions can be implemented in conjunction with primary evacuation method? Be thinking ahead.

8. ADDITIONAL INFORMATION: Updates / Changes, etc.

REMEMBER:

-Confirm ETA's of resources ordered

-Act according to your level of training

- If air or ground ambulance is **DELAYED**: Package and transport patient to rendezvous with incoming Ambulance. Re-route EMS helicopter to rendezvous point as appropriate.

INCIDENT SAFETY ANALYSIS 215A

Mendocino Complex/ CA-MEU-008674 - Day Shift, Sunday September 23 rd , 2018		
Location	Hazard	Control or Abatement Action (Engineering, Administrative, PPE, Avoidance, Education, etc)
All Divisions	Driving & Traffic	<ul style="list-style-type: none"> ~ Practice "Defensive Driving" techniques traveling on all roads and city streets. ~ Use spotters & Honk horn to alert personnel when backing. ~ Follow Driving LCES (Lights, Chock blocks, Emergency brake, Seat belts). ~ Always use headlights. ~ Yield to pedestrians and bicycles. ~ Observe posted speed limits. ~ Use the 3 second rule for following distance when driving. ~ Avoid distractions (eating, cell phones, radio). ~ Ensure that windshields are kept clean of dust and bugs. ~ Refer to "Smoke and Transportation Safety" IRPG Pg 31 ~ Refer to "Roadside Response Safety" IRPG Pg 26
All Divisions	Hazard Trees	<ul style="list-style-type: none"> ~ Follow "Hazard Tree Safety" guidelines, IRPG page 22. ~ Post lookouts, or use a spotter in mop-up areas with personnel. ~ Don't park vehicles or take breaks in high concentrations of hazard trees. ~ Establish trigger points for disengagement during high wind events. ~ Remember that the hazard zone extends a minimum of 2 1/2 tree heights.
All Divisions	Chain Saw Operations	<ul style="list-style-type: none"> ~ Follow "Hazard Tree Safety" guidelines, IRPG Pg 22 ~ Follow "Procedural Felling Operations" IRPG Pg 85. ~ Look up, Look down, Look around for hazard tree indicators. ~ Only fell and buck trees within your expertise, and training. ~ Do not fall trees during high wind events. ~ Ensure proper use of all required PPE.
All Divisions	Heavy Equipment Operations	<ul style="list-style-type: none"> ~ Refer to "Working with Heavy Equipment" IRPG Pg 86 ~ Ensure communications are established with operators. ~ Use hand signals if other communications are unavailable. ~ Maintain a 50'-100' exclusion area around equipment and increase it to 1 1/2 times tree height when in timber. ~ Use a spotter when backing. ~ Avoid working below heavy equipment.
All Divisions	Injury & Medical Emergency	<ul style="list-style-type: none"> ~ Expect lengthy ground response/transport times. ~ Utilize air transport if warranted and possible. ~ Assist injured employee appropriate medical care. ~ Use EMT's on Division for initial care. ~ Follow "Emergency Medical Care" IRPG Pgs 105-118 ~ Follow procedures in Medical Plan, ICS 206 ~ Refer to "Planning for Medical Emergencies" IRPG Pg 2

INCIDENT SAFETY ANALYSIS 215A

All Divisions	Steep Terrain & Rolling Debris	<ul style="list-style-type: none"> ~ Maintain 8'-10' spacing when working & walking. ~ Don't work above any personnel. ~ Be on the lookout for rolling rocks, debris, or burning material. ~ Evaluate necessity to send personnel in areas with limited access. ~ Post lookouts IRPG Pg 7
All Divisions	Fatigue & Over Exertion	<ul style="list-style-type: none"> ~ Drink 1 quart of water each hour during and after work. ~ Rotate crews out of smoky areas. ~ Set a reasonable work pace and allow adequate rest breaks while on the project. ~ Stagger work crews start time to limit fatigue. ~ Use buddy system to monitor personnel of heat related and fatigue issues. ~ Follow work / rest guidelines.
All Divisions	Fireline Hazards	<ul style="list-style-type: none"> ~ Watch for falling and rolling debris on steep slopes. ~ Alert crew personnel of rolling debris by yelling to affected individuals. ~ Position debris that could roll vertically on slope. ~ Avoid stepping over debris that could roll by walking around object. ~ Use caution when working around stump holes/ash pits. ~ Avoid radiant heat by wearing appropriate PPE correctly. ~ Use correct tool for task assigned. ~ Flag and isolate all HAZMAT and alert all personnel working in Division.
All Divisions	Poisonous Plants	<ul style="list-style-type: none"> ~ Identify and Avoid hazard areas. ~ Launder clothing. ~ Shower frequently.
All Divisions	Unplanned Public Interaction	<ul style="list-style-type: none"> ~ Be alert to non-fire personnel in areas with suppression personnel. (HUNTERS) ~ All non-fire personnel will be escorted while on fireline. ~ Post lookouts to in areas with public to avoid conflicts with mission tasks. ~ Ensure sufficient security to restrict access to exclusion area.
All Divisions	Communications	<ul style="list-style-type: none"> ~ Maintain communication with aviation resources, and suppression organization. ~ Ensure all know frequency and protocol for contacting resources. ~ Utilize the ICS 205. ~ Utilize human repeaters when working in dead spots.

INCIDENT SAFETY ANALYSIS 215A

All Divisions	Heat Related Illness (HRI)& Dehydration	<p>~ Refer to Heat Related Illness information, IRPG Pg 109</p> <p>~ Drink Fluids throughout operational period (6-8 qts/shift).</p> <p>~ Maintain water/electrolyte ratio of 3 to 1.</p> <p>~ Maintain proper nutrition.</p> <p>~ Carry extra water on line and cache water at drop points.</p> <p>~ Take Frequent breaks, minimum of 10 minutes every hour.</p> <p>~ Allow out of area resources time to acclimatize before expecting peak performance.</p> <p>~ Recognize symptoms of HEAT RELATED ILLNESS which include.</p> <ul style="list-style-type: none"> o Lack of energy o Headaches, dizziness o Lack of rest o No hunger, poor eating habits o Hot skin, and lack of sweating
All Divisions	Wildlife & Livestock	<p>~ Watch out for wildlife & livestock inside fire area, CAMP, and along roadways.</p> <ul style="list-style-type: none"> - Bear - Elk - Deer - Rattlesnakes <p>~ Clean up all debris and trash during each operational period.</p>
All Divisions	School Zone Safety	<p>~Avoid traveling through the school zone between 0800 and 0900 hrs if possible</p> <p>~Take extra precautions through the school zone in Stonyford (be extra cautious, drive slower than normal, etc.)</p>
All Divisions	ICP Sleeping Areas	<p>~Ensure that campsite locations are pre-identified and flagged</p> <p>~Use glow sticks to ensure that vehicles stay away from sleeping areas.</p>



Refusing Risk

Every firefighter has the right and obligation to report safety problems and contribute ideas regarding their safety. Supervisors are expected to give these concerns and ideas serious consideration. When an individual feels an assignment is unsafe, they also have the obligation to identify, to the degree possible, safe alternatives for completing that assignment. Turning down an assignment is one possible outcome of managing risk.

- A turn down is a situation where an individual has determined an assignment cannot be undertaken as given, and they are unable to negotiate an alternative solution.
- A turn down must be based on an assessment of risks and the ability of an individual or organization to control those risks.
- A situation may be a candidate for a turndown if:
 1. There is a violation of safe work practices.
 2. Environmental conditions make the work unsafe.
 3. The forces lack the necessary qualifications or experience.
 4. Defective equipment is being used.
- The following steps will be used when turning down an assignment:
 1. The individual will directly inform their supervisor that they are turning down the assignment as given. (Document using criteria outlined in the risk management process.)
 2. Supervisor will notify the Safety Officer immediately upon being informed. In the absence of a Safety Officer, the appropriate Section Chief or Incident Commander will be notified. This step provides accountability for decisions and initiates communication of safety concerns.
 3. If the supervisor requests another resource to perform the assignment, he/she is responsible for informing that resource that the assignment has previously been refused and the reason(s) why.
 4. The safety hazard should be documented by the submission of a SAFENET or SAFECOM.
- These actions do not stop an operation from being carried out. This protocol is integral to the effective management of risk as it provides timely identification of hazards to the chain of command, raises risk awareness for both leaders and subordinates, and promotes accountability.



Driver Fatigue

You may be assigned to a distant fire or going home, either way an extended drive may present the dangers of driver fatigue. Just like drugs or alcohol, sleepiness slows reaction time, decreases awareness, and impairs judgment. Just like drugs or alcohol, it can be fatal when driving. The Safety Council of Maryland, Inc. suggests the following steps to recognize and prevent driver fatigue.

It's one of the most unnerving experiences in driving: You've been on the road a while. The highway seems endless-long, smooth, monotonous. The car interior is warm. You're tired. The radio isn't holding your attention, and neither is the driving. You stare straight ahead, at miles and miles of road, as you start to feel your shoulders sag, and your eyes slowly... start to... close. Abruptly, you open your eyes; jerk up in your seat. You've started to drift out of your lane, or maybe even off the road. You steer your car back into the lane, take a few deep breaths, and realize, fearfully, what just happened. You were asleep.

Fatigue on the road can be a killer. It happens frequently on long drives, especially long night drives. You may have recognized some warning signs of fatigue in the foregoing scenario. Other signs of fatigue include back tension, burning eyes, shallow breathing, inattentiveness, and any kind of erratic driving, such as drifting, abnormal speed, tailgating, or failure to obey traffic signs.

- 37% of drivers have nodded off for at least a moment or fallen asleep while driving at least once in their driving career.
- 8% have done so in the past six months

One culprit is the nature of modern highway driving. Most car interiors have comfortable, cushioned seats in quiet, carpeted, temperature-regulated environments. Many vehicles have "cruise control." Most major roads have been engineered to eliminate sharp curves, hills and bumps. Ironically, these designs for comfort contribute to falling asleep at the wheel.

Additionally, dull landscapes, the droning of tires and engines, and the repetitive patterns of oncoming headlights, trees, poles and highway center lines can lead to a dangerous, trance-like state known as "highway hypnosis," which deadens drivers' senses and slows their reaction time.

Fatigue behind the wheel is a very real danger, even if you've never experienced it firsthand. The National Safety Council offers these tips for staying awake while you're driving:



- An obvious cause of fatigue is lack of sleep. If you haven't received eight hours of sleep the night before a trip, you're courting fatigue. Get enough rest. And don't start a trip late in the day. Long-distance driving is hard work, and you need to be fresh and alert.
- If possible, don't drive alone. Passengers can take turns driving and also serve as conversation partners to keep you awake.
- Avoid long drives at night. The glare of lights, both on your dashboard and outside your car, increases the danger of highway hypnosis.
- Adjust your car's environment so that it helps keep you awake and alert. Keep the temperature cool, with open windows or air conditioning in the summer and frugal amounts of heat in the winter.
- Turn the radio volume up, and switch stations frequently, but avoid soft, sleep-inducing music. Do not use cruise control; keep your body involved with the driving.
- Watch your posture. Drive with your head up and your shoulders back. Tuck your buttocks against the seat back. Legs should not be fully extended, but flexed at about a 45-degree angle.
- Take frequent breaks. At least every two hours, stop at a gas station, restaurant or rest stop. Get out of the car, walk around, even jog or do calisthenics. Exercise fights fatigue. In addition to exercise breaks, stop for light meals and snacks.
- Avoid alcohol entirely.
- Don't allow your eyes to become fatigued or hypnotized. Wear sunglasses to fight glare (but never wear sunglasses at night). If anti-fatigue measures fail and you start noticing the danger signs of fatigue then there is only one solution. Sleep. Find a safe, guarded rest area, truck stop, or service station. Even a 20-minute nap may refresh you enough to get to a hotel or motel. (This is an emergency maneuver. Do not try it as a common driving technique.)

Safe driving demands your full attention. If you feel your eyelids getting heavy, then your next actions may not simply determine whether you'll stay awake. They might determine whether you'll stay alive.

